

# MINUTE NUTRITION NEWS

November 2019

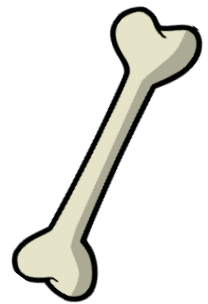
## Vitamin D – The Rising Star

*By Lisa Lau, Registered Dietitian at the Georgina Nurse Practitioner Led Clinic*

Vitamin D is the rising star in the world of nutrition. It started out as a simple vitamin that was known for its role in bone health. Then research in recent years expanded our appreciation for other roles it can play in our health. Now it seems everyone is talking about Vitamin D. So what's the excitement around Vitamin D? Read on to find out.

### What can Vitamin D do?

It is well understood that Vitamin D plays a role in our bone health. It's function is to help our body absorb calcium from our diet and build strong bones. Other emerging areas of research for vitamin D include looking at its role in immune function and chronic conditions such as heart disease, diabetes, and cancer. To date, recommendations are only available for our bone health because that is the area that has the strongest research available.



### How do I get Vitamin D?

We can get vitamin D in three ways: sunshine, food, and supplements. The problem with the first two methods is that a) there is limited sunshine in Canada through the winter, and b) there are limited foods with vitamin D. Major sources are foods with added Vitamin D such as cow's milk, yogurt, cheese, margarine, and some plant-based milk beverages. Other natural sources are fatty fish and egg yolks. Even if you consume these foods on a regular basis, you may still need to consider taking a supplement, especially through the months of October to April.

### How much do I need?

Healthy adults in general need 600-1000 international units (IU) of Vitamin D each day. Those over 50 years of age or at higher risk (with osteoporosis, multiple fractures or conditions affecting vitamin D absorption) need 800-2000IU each day. Supplementation should never go above 4000IU per day unless prescribed by your care provider for treating a known deficiency. Speak with your Registered Dietitian or Nurse Practitioner to see what is the right dose for you.

### Vitamin D2 or Vitamin D3?

There are two types of vitamin D supplements in the market – vitamin D2 and vitamin D3. Both can be used to maintain Vitamin D levels or to treat a deficiency. However, there is some belief that vitamin D3 may be more effective or longer lasting in the body than vitamin D2. Vitamin D3 is often sourced from sheep's wool and is in the form that our body naturally makes from sunshine. Vitamin D2 is made from plant sources and may be preferred for those who are vegan.



**Reference:** 1. National Institutes of Health, 2019. Vitamin D. Retrieved from <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/#h3>. 2. Government of Canada, 2019. Vitamin D and Calcium: Updated Dietary Reference Intakes. Retrieved from <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/vitamins-minerals/vitamin-calcium-updated-dietary-reference-intakes-nutrition.html#a9>. 3. Osteoporosis Canada. Calcium and Vitamin D. Retrieved from <https://osteoporosis.ca/bone-health-osteoporosis/calcium-and-vitamin-d/>. 4. Dhillon SK & Machowsky J. Vitamin D and Bone Health. *Today's Dietitian*. April 2018 Issue, Vol. 20, No. 4, P. 42

# Recipe of the month

November 2019

## Roasted Salmon and Broccoli with Lemon Parmesan Sauce

Salmon is one of the few foods that contains high levels of vitamin D – 450IU per 3-ounce serving to be exact! Don't eat salmon on a regular basis? Try out this recipe and maybe you'll change your mind!



Makes 4 Servings

### Ingredients:

2	Garlic cloves, minced
¼ tsp	Salt
¼ tsp	Pepper
1 tbsp	Butter, melted
2 tsp	Olive oil
¼ cup	Freshly squeezed lemon juice
6 cups	Broccoli florets (about 1 large bunch)
4	Salmon filets, ½ inch thick
2 tbsp	Cornstarch
2 cups	Milk
	Grated zest of ½ lemon
¼ cup	Parmesan cheese, grated

### Directions:

1. Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper or foil.
2. In a small bowl, combine half of the minced garlic, salt, pepper, 1 tsp of the melted butter, oil, and half of the lemon juice.
3. On a prepared baking sheet, drizzle about half of the garlic mixture over broccoli and toss to coat; spread over half of the baking sheet. Pat salmon fillets dry and place on baking sheet beside broccoli, spacing fillets at least ½ inch (1cm) apart. Brush with remaining garlic mixture. Roast for 8 minutes or until broccoli is tender and salmon flakes easily with a fork.
4. Meanwhile, in a small saucepan, heat remaining 2 tsp (10mL) butter over medium heat. Sauté remainder of garlic for 1 minute. Whisk cornstarch into milk and stir into saucepan. Bring to a boil, whisking often. Continue to boil, while whisking, for about 3 minutes or until slightly thickened. Remove from heat and whisk in lemon zest and Parmesan cheese. Drizzle in remainder of lemon juice, while whisking, until blended. Season to taste with pepper and serve over broccoli and salmon.

### Nutrition information (per serving):

337 calories, Fat 15g (20% DV), Saturated Fat 5g (25% DV), Protein 34g, Carbohydrate 17g, Fibre 3g (11% DV), Sugars 8g, Sodium 417mg (18% DV), Calcium 254mg (20% DV), Vitamin D 606IU (75% DV)